

# The Mecklenburg Missile

Comin' Atcha

Kiwanis Club of Mecklenburg, Charlotte, Inc.

Organized August 5, 1952

P. O. Box 33573, Charlotte, NC 28233-3573

Missile Launcher: Bob Swanson

Meeting: Monday, April 16, 2012

Attendance: 10 members, 5 guests

Next Meeting: Monday, May 7

## Today's Program

**Faith Hill**, Certified Nutrition Consultant, and  
Licensed Cosmetologist



Topic-of-the-day: "Choice Inflammation." - which is a foundation for Cancer, Heart Disease, Diabetes, and other common and debilitating ailments.

Faith's talk centered around nutrition as the basis for many of our health problems. She debunked many of our commonly-held beliefs.

For example, she said that calling HFCS a perfect substitute for sugar is not entirely true.. Equal to sugar in the form of it's sweetness, maybe; but it's more than equal in toxicity and ability to cause and drive inflammation. HFCS has even more toxic effects on the body, because the process of making it is laced with toxic chemicals - including mercury.

To learn more, visit her fascinating and interesting web site:  
<http://lifewisebyfaith.com/>

Thanks to Candi Knudsen for bringing both the speaker and several guests. Bring them all back as members, Candi!

## Our Web Site

If you've tried to access [mecklenburgkiwanis.org](http://mecklenburgkiwanis.org) in the past few days, you have been taken to our new web site. The old is gone!

THANKS to Secretary Frank Shepherdson for his considerable research and time spent in the process of finding ways to vastly improve our web site and make it more relevant. He has chosen to take advantage of the services offered by Kiwanis International of providing templates and means of populating and maintaining a web site designed especially for Kiwanis Clubs.

So bear with us while in transition, until the new facility is completed. Meanwhile, you will not be able to access the Mecklenburg Missile on the web site, but it will continue to be available directly by a click in an email "attachment."

Secretary Frank will be our new webmaster.

THANKS, Frank!!!!

Because of this change in our web site, I'll henceforth send this communication (The Mecklenburg Missile) via an email "attachment." It will still be in PDF format, same as before. You should not have trouble opening it; but if you do, please let me know.

More I've learned:

11. Throw a grenade into a kitchen in France, and you get Linoleum Blownapart!
12. Two silkworms were racing. They ended up in a tie.
13. A hole has been found in a nudist camp wall. The police are looking into it.
14. In a democracy it's your vote that counts. In feudalism it's your count that votes.
15. Atheism is a non-prophet organization.

--- Stay tuned for some more

**Meets 12:00 Noon, 1<sup>st</sup> & 3<sup>rd</sup> Mondays: Villa Antonio Ristorante, 4707 South Boulevard**  
Web Site: <http://www.mecklenburgkiwanis.org>